



# Echo Detachment 502d Personnel Services Battalion 4th Infantry Division (Mechanized)



## Echo Family Readiness Group Official Newsletter

August 2005

Volume I, Issue VII



### Commander's Corner

Soldiers that are preparing to deploy can cause tremendous stress on themselves as well as their families. Here are some helpful tips that might assist you during the upcoming deployment.

#### Hints for the Spouse

**KEEP IN TOUCH!** Communicate with the Soldier by e-mail, if possible, AND by writing, even if it is only a post card to say "I love you and miss you". Soldiers love mail and need to hear from home frequently. Contrary to popular belief, in the case of family separation, "no news can be bad news!" Be sure to write regularly and to use the correct mailing address (which will be provided prior to deployment or thru the FRG channels).

During this deployment remember the 4 M's:

#### MAINTAIN

- Stay in good physical condition.
- Eat balanced meals.
- Get plenty of sleep.
- Keep in touch with positive people.
- Avoid things that make you feel worse.
- Avoid spending sprees, but treat yourself to a special outing.

#### MANAGE

- Manage your life. Set goals.
- Start a project that you've put off. Begin a self-improvement program or go back to school.
- Set time to be away from the children so you can take care of yourself.
- Travel - New scenery and a change of pace can do wonders for the spirit.
- Become a volunteer.
- Know your limits.

#### MONITOR

- Be aware of early signs of stress.
- Laugh: Don't lose your sense of humor.
- You are only human - Ask for help if you need it.

#### MANEUVER

- Relieve stress - try relaxation exercises.
- Use coping strategies that work for you.

It's important that we take care of ourselves and our soldiers. The degree of preparation and the nature of the farewell may help determine the quality of the time apart, and the satisfaction of the reunion.

Thank you,  
CPT Galan



### FRG Leader's Corner

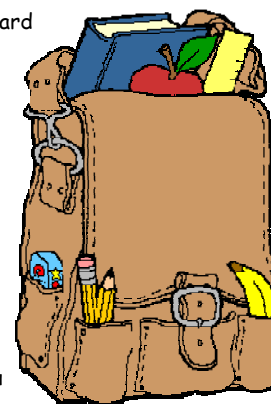


Well summer is almost over and school is about to start up again, hope everyone is ready! I think the best time to shop for school clothes is during the tax free weekend Aug 5-7. Don't forget to make sure that your children's shot records

are up to date, and now might be a good time to get physicals for after school sports. If you have moved during the summer and your child will be attending a different school this year make sure you know when that school will have registration day and bring the following documents with you.

- Birth certificate
- Student's social security card
- Updated shot record

The school might also require proof that you live in the area so bring a utility bill or some other document with your address on it. I hope the first day back to school will be a smooth and pleasant experience for you and your child.



Thank you,  
Sabina Galan



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## Sergeants Time Training (STT)

### Warrior Skills Trainer

The "Warrior Skills Trainer" is a system that rapidly developed combination of a number of simulation systems. It is a good enough



system that allows us to train quickly and use the training experience to identify



shortcomings and improve them. It consists of 4 mock-HUMMVs that enable soldiers to

drive in a virtual representation of downtown Baghdad, similar to driving in a video game.

The purpose of this training is to provide a crawl-level training environment for us to practice motorized tactics, techniques and

procedures (TTP's) before live training.

It is meant to develop leadership and unit TTPs and practice selective parts of HUMMVs operations.



## Sergeants Time Training (STT) Cont'd

This system is not intended to focus solely on

weapons engagements.

The weapons

are a part of the overall capability. This training system is not intended to be a weapons gunnery trainer; we are expected



to know how to operate the weapons before arriving.

This training system currently does not provide a 360 degree environment but it does provide us enough of a virtual environment to allow the soldiers to encounter situations and react to them through reporting, communicating between vehicles, movement, and firing if necessary.

The After Actions Review (AAR) is critical to using this



system. We must be prepared to discuss unit SOP's, TTPs and Rules of Engagement (ROE) and whether they were effectively employed during the scenario. Echo Detachment Soldiers did an outstanding job!



## Family Highlights

### • Birthday Announcements:

SPC Burnham	1 AUG
Eneliko Fanene	4 AUG
PFC Hope	17 AUG
Sophia Matysik	21 AUG
SPC Matysik	22 AUG
SPC Murillo	28 AUG



### • Anniversaries:

SGT & Mrs. Ramirez	15 AUG
SPC & Mrs. Collazo	26 AUG
SPC & Mr. Fanene	29 AUG



### • Birth Announcements:

Marissa Matysik ~ 8lb 5oz & 20 ¼ " on 18 JUL

### • Miscellaneous

Now you can view what's happening in Echo Detachment anytime you want by going to the following website:

<http://www.hood.army.mil/4ID/>

Click on "UNITS" then "502d PSB"

The website is continuously updated with the latest information that will assist friends and family members with the upcoming deployment. I hope you all enjoy!

A special thanks goes out to SPC Burnham and SPC Stahnke for coordinating with the Arts and Crafts center and getting Echo Detachments T-Shirts done. There are a limited number of shirts so, if you would like one get with CPT Galan or SFC Barnes. There is only one size left, XL @ \$6.00 a shirt.



## Soldier Highlights

Congratulations to the following soldiers:

### Promotions:

SPC Arreguin  
SPC Torres  
SPC Murillo  
PFC Hope  
PFC Johnson

### Awards:

Good Conduct Medal  
SGT Garcia  
SPC Valenzuela  
SPC Amey



PT Badge  
PFC Hope  
SPC Davis  
SGT Deharo  
SPC Guy



### • ECHO Soldiers Re-Enlist and stay Army

SPC Burnham — Fort Campbell, KY.

### • Hails!

We would like to take this opportunity and hail the following soldiers:

CPL Holston — Fort Benning  
SPC Boggs — USAAG

### • Farewells!

With a heavy heart we wish the following families farewell as they move on from Echo Detachment, 502d PSB.

SGT Akbar — Recruiting (CA)  
SPC Rushing — HHD, 502d PSB  
PVT Bouley — ETS





## Recipe of the Month



### Paella

Paella is a typical Spanish dish and is traditionally cooked in a "paellera" - a round flat pan with two handles - which is then put on the table. It is normally made using shellfish but can also be made with chicken or rabbit. In many Spanish villages, especially in coastal areas, they use a giant paellera to cook a paella on festival days which is big enough to feed everybody.

There are literally hundreds of ways to cook a paella and every cook has their own favorite recipe. Here's mine (it will serve 6 people depending on how hungry you are):

#### INGREDIENTS:

1 small onion, finely chopped  
1 green pepper, finely chopped  
 $\frac{1}{2}$  red pepper, boiled until soft and then cut into long thin strips  
2 medium-sized tomatoes, skinned and finely chopped  
2 carrots, finely chopped  
100g peas, cooked  
200g prawns (if using cooked prawns substitute fish stock for the water)  
200g small clams  
200g squid  
12 mussels  
350g rice (traditionally short grain rice is used but I prefer to use long grain)  
2 cloves of garlic, coarsely chopped  
a pinch of saffron strands (if you can't get saffron, use yellow food colouring instead and add it once you have added the liquid)  
a sprig of parsley, finely chopped  
olive oil  
about 800ml water

#### RECIPE:

Heat some olive oil in a large frying pan. Add the onion, green pepper and carrot and fry gently for about five minutes. Add the chopped tomato and squid (with the tentacles) and fry on a low heat for another ten minutes. Add the rice and stir well to make sure that it is thoroughly coated. Add water (or the water from boiling the prawn shells or fish stock if using frozen fish), clams and the garlic/saffron/parsley mixture and bring to the boil. Season with salt. Put a lid on it, turn the heat right down and cook very slowly for about ten minutes. Add the prawns and peas and give it a stir. Arrange the mussels and strips of red pepper artistically on top, put the lid back on and leave for another ten minutes - checking that it has enough water. If you think it is getting too dry, add more water, but shake the handle of the pan rather than stir so as not to upset the pattern. Once the rice is cooked and the mussels have opened, it is ready to eat.

¡Qué aproveche!



## Scheduled Events

3 AUG	FRG Meeting
4 AUG	Newcomers Brief
5 AUG	Deployment Readiness
9 AUG	Civilian Cloths Day
10 AUG	Soldier Readiness
	Processing
11 AUG	Mounted Land
	Navigation
12 AUG	Training Holiday
15 AUG	1 <sup>st</sup> day of school
15-18 AUG	DEPEX
16 AUG	Detachment Fund
	Meeting
17 AUG	S1 Conference
19 AUG	TPS/DCIPS Training
24 AUG	Civilian Cloths Day
26 AUG	Convoy Simulator
1 SEP	Promotions &
	Counseling Class
2 SEP	Training Holiday
5 SEP	Training Holiday
7 SEP	Civilian Cloths Day
7 SEP	FRG Meeting
9 SEP	NBC Training
16 SEP	M-249 Range
19-22 SEP	Convoy Live Fire
26 SEP	Pre-Deployment
	Classes
30 SEP	Reflexive Training

## kids only

Did you know that people can have a turtle headache?



If you don't get up when Mom calls, and you hide your head under the blanket and fall asleep, you can get a turtle headache. It's from breathing stale, stinky air that's just come out of your mouth. You need fresh air full of oxygen when you sleep, to stop from getting a headache.



## Quarterly B-Day Cake

I wanted to thank everyone for making our quarterly B-Day cake/pot-luck such a success. A special thanks goes out to SGT James and the rest of the soldiers for setting everything ready. It was great seeing everyone. The next quarterly B-Day cake/pot-luck is scheduled for 5 October. I hope to see everyone there.



## Quarterly B-Day Cake Cont'd

